



CORONAVIRUS (COVID-19) FACT SHEET

The 2019 novel coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person to person.

Symptoms

- Fever
- Cough
- Shortness of breath
- May appear 2 to 14 days after exposure
- Illnesses range from little to no symptoms to being severely ill and dying

Spread

- Like the flu or a cold
- Through the air by coughing or sneezing
- Through close personal contact, such as touching or shaking hands
- By touching an object or surface with the virus on it
- Occasionally through fecal contamination

Protection and Prevention

- Cover coughs or sneezes with your elbow or a tissue and not your hands
- Avoid touching your eyes, nose and mouth
- Wash hands often with soap and water for at least 20 seconds
- Wash hands after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available
- Clean and disinfect surfaces frequently, including countertops, light switches, cellphones, remotes and other frequently touched items, using a regular household cleaning spray or wipe
- Avoid close contact with people who are sick
- If you are sick, stay home until you are feeling better

Prepare and Plan

- Have enough supplies for 14 days in case you become ill or if schools or businesses close
- Make sure your prescriptions are re-filled
- Make sure you have a supply of non-prescription meds – especially fever-reducing medication for both adults and children
- Have enough infant formula, diapers and diaper wipes

For more information:

[Coronavirus Disease 2019 \(COVID-19\) | CDC](#)
[Coronavirus](#) PADOH